

Sunbeam

Ellise Stainless Skillet Range

Instruction/Recipe Booklet

This book covers the use and care of the following Sunbeam Electric Cookware:

| | | | |
|--------|------------------|------------|-------------------|
| SK6400 | Ellise Stainless | 28cm (11") | Non-stick Skillet |
| SK6410 | Ellise Stainless | 28cm (11") | Stainless Skillet |

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM ELLISE STAINLESS SKILLET.

- Use your skillet at least 200mm away from walls and curtains.
- Do not immerse the Control Probe in water.
- If using a plastic spatula do not leave in cooking vessel when hot.
- The skillet must only be used with the Control Probe provided.

- Avoid using on metal surfaces e.g. sink, hotplate.
- Remove the Control Probe before cleaning the skillet.
- After cleaning the skillet ensure that the Control Probe Inlet area is completely dry before using again.
- The knob on the glass lid may get hot during use – oven mitts may be required.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Sunbeam Ellise Stainless Skillet SK6400

Cook & look lid

Stylish glass lid with stainless steel enables you to watch your food while it cooks.

High domed lid

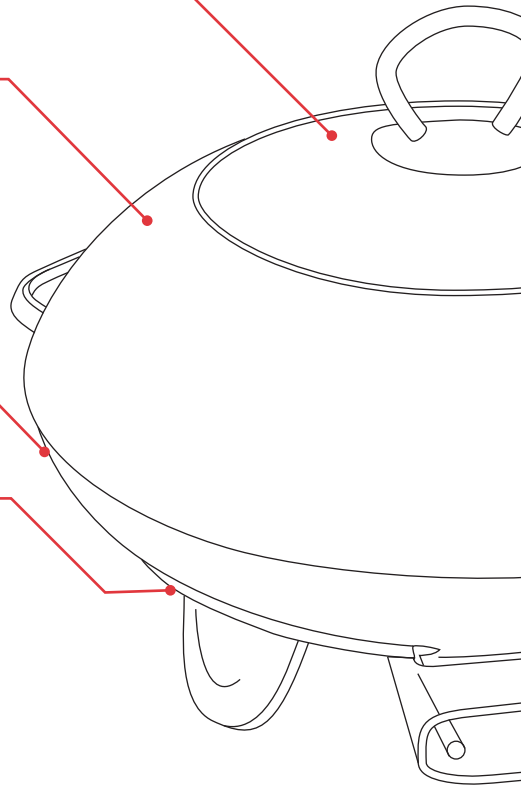
Turns your skillet into a compact oven. Ideal for roast beef and chicken, or a rack of lamb and other cooking where temperature and moisture levels need to be controlled.

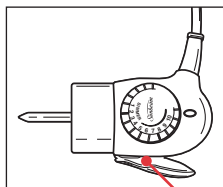
High grade non-stick cooking surface

Enables fat-free cooking and easy wipe down cleaning.

Unique 1600 watt butterfly die-cast element

The element is completely cast into the heavy-duty base plate providing superior heating and a longer element life.



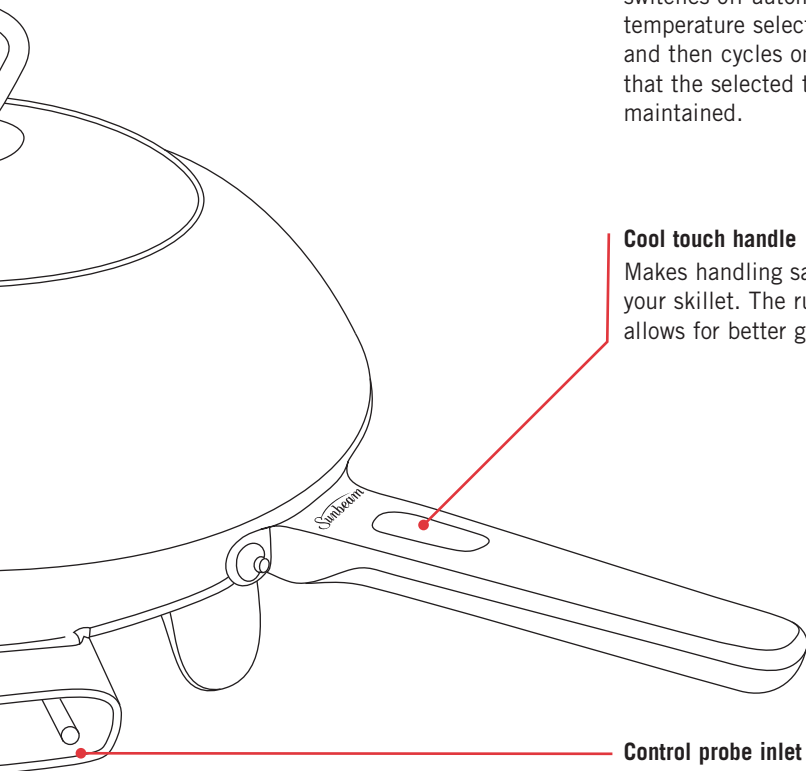


Trigger release control probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

Cool touch handle

Makes handling safer when carrying your skillet. The rubberised insert allows for better grip.



Control probe inlet

Features of your Sunbeam Ellise Stainless Skillet SK6410

Cook & look lid

Stylish glass lid with stainless steel enables you to watch your food while it cooks.

High domed lid

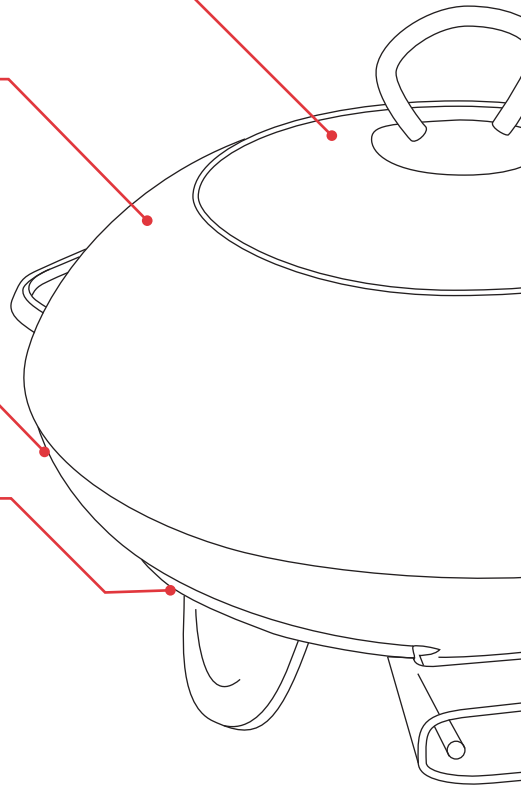
Turns your skillet into a compact oven. Ideal for roast beef and chicken, or a rack of lamb and other cooking where temperature and moisture levels need to be controlled.

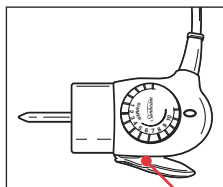
Stainless steel cooking vessel

Long lasting 25 year guaranteed cooking surface.

Unique 1600 watt butterfly die-cast element

The element is completely cast into the heavy-duty base plate providing superior heating and a longer element life.



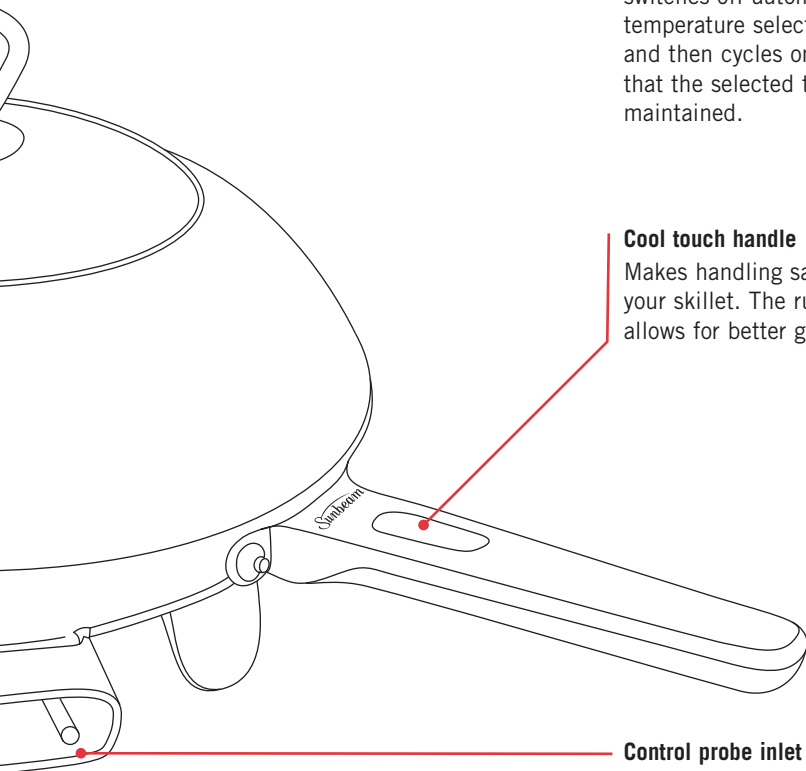


Trigger release control probe

The Probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained.

Cool touch handle

Makes handling safer when carrying your skillet. The rubberised insert allows for better grip.

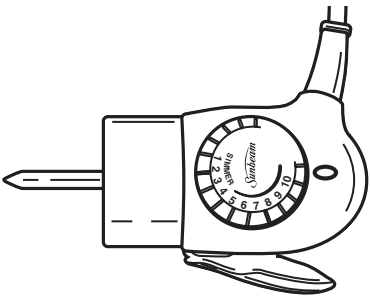


Control probe inlet

Temperature settings of your Ellise Stainless Skillet

Trigger Release Control Probe

The probe is thermostatically controlled and incorporates an indicator light which switches off automatically when the temperature selected has been reached and then cycles on and off to indicate that the selected temperature is being maintained. The trigger release makes removal of the probe easy.



The numbers on the dial represent the following temperatures approximately.

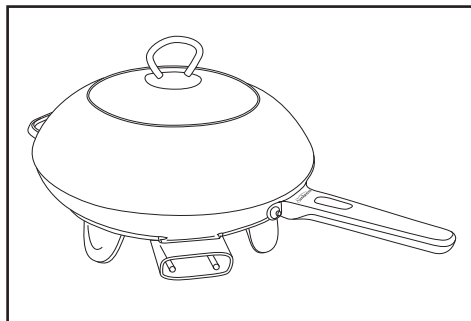
| DIAL SETTING | CELSIUS (approx) | FARENHEIGHT (approx) | USES | TEMPERATURE |
|--------------|------------------|----------------------|-----------------------------|-------------|
| 1 | 50°C | 122°F | Keeping food warm | LOW |
| 2 | 70°C | 158°F | | |
| 3 | 90°C | 194°F | Simmering, slow cooking | |
| 4 | 105°C | 221°F | | |
| 5 | 120°C | 248°F | Pan frying | MEDIUM |
| 6 | 140°C | 284°F | | |
| 7 | 160°C | 320°F | Shallow frying, roasting | |
| 8 | 175°C | 347°F | | |
| 9 | 190°C | 374°F | Searing and sealing, baking | HIGH |
| 10 | 210°C | 410°F | | |

Note: The temperature uses are a guide only and may require adjustment to suit various foods and individual tastes. When the dial is set to a low setting, it is quite normal for food to stop and start bubbling, as the thermostat maintains the selected temperature.

Temperature settings of your Ellise Stainless Skillet (continued)

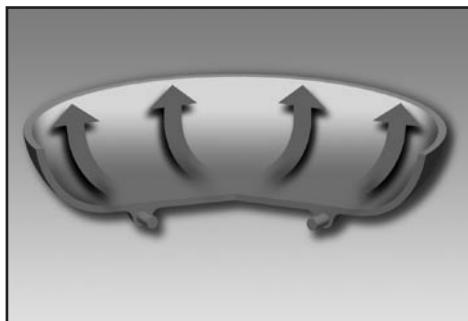
High Domed Lid

With the lid in place, the skillet can be used as an oven, giving you the versatility to cook roasts, larger pieces of beef, lamb and chicken. The lid also retains heat and moisture when simmering food.



Cast-in Element

The heating element is completely cast into the base, which is adhered onto the stainless steel skillet providing superior heat distribution.



Using your Ellise Stainless Skillet

Before the first use: Ensure all stickers are removed from the product. Wash in warm soapy water, rinse thoroughly and dry your pan and lid.

Note: For the SK6410 we recommend 'seasoning' the pan before use. Lightly heat the pan on setting 3 for 2 minutes; turn off then rub a small amount of oil into the cooking surface with paper towelling.

1. Insert the Control Probe into the inlet on the skillet.
2. Plug the cord into a 230-240V power outlet and turn the power on.
3. Set the Control Probe Dial to the desired temperature setting. Refer to page 8 for the temperature guide.

The light on the control probe will illuminate. This light will remain on until the set temperature has been reached and then will cycle on and off throughout cooking, as the cooking temperature is maintained by the thermostat.

Hint: On initial heating of the skillet, it is recommended that the temperature be allowed to cycle (the light glowing on and off) several times. This will help the cooking surface to adjust to a more accurate cooking temperature.

Note: The skillet must only be used with the Control Probe provided.

Care and Cleaning

Control Probe

If cleaning is necessary, wipe over with a damp cloth.

Note: The Control Probe must be removed before the skillet is cleaned and the Control Probe inlet must be dried before the skillet is used again.

NEVER IMMERSE THE CONTROL PROBE IN WATER OR OTHER LIQUID.

Store the Control Probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the Control Probe to your nearest Sunbeam Appointed Service Centre for inspection, refer to the 12 month replacement guarantee in the back of this book.

Pan and Lid

The pan and lid are fully immersible and can be washed in warm soapy water using a mild household detergent and a soft washing sponge.

They can also be cleaned in the dishwasher.

High Grade Non-Stick cooking surfaces (SK6400 model only)

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

To ensure you get the best results from your non-stick cooking surfaces, follow these simple instructions:

Before the first use: 'Season' the cooking surface by applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

To clean interior and exterior surface.

Wash in hot soapy water. Remove stubborn spots with a plastic washing pad or sponge.

Do not use steel wool or coarse scouring pads.

These will damage the non-stick cooking surface.

Wash as directed, and re-season the skillet before using again. In some instances this may not remove all the staining.

Dishwasher-safe. Your pan and lid is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Stainless Steel cooking surface

(SK6410 model only)

The Sunbeam stainless steel cooking surface is manufactured from high quality stainless steel. Stainless steel is hygienic, easy to care for and extremely durable. To keep your stainless steel cooking surface looking good and to achieve the best results, follow these simple instructions:

Before the first use: “Season” the cooking surface by heating the skillet on setting 3 for 2 minutes then applying a thin coat of cooking oil and rub in with paper towelling. This will also be necessary after cleaning in a dishwasher.

Use sufficient oil when sauteeing, pan frying and roasting to prevent food sticking. Two to three tablespoons is generally sufficient.

Food such as steaks, rissoles and roasts will stick if turned before completely browned and sealed.

Note: To prevent food from sticking, maintain low temperatures, ensure sufficient juices are in the frypan and season the frypan before and after each use. This will decrease as the frypan receives continual use.

Do not use metal utensils. Continued use of knives, forks or spoons will eventually start to mark the stainless steel cooking surface. We recommend the use of plastic or wooden utensils.

To clean after each use: Wash in hot soapy water. Rinse and dry thoroughly. To remove cooked-on food, fill the pan with hot water and allow to stand for a few minutes. This will soften the food, making cleaning easier.

Note: Never fill a hot frypan with cold water.

Do not use abrasives or scourers. Avoid using harsh abrasive cleaners or scouring pads as continued use will scratch the highly polished surface and make subsequent cleaning more difficult.

Removing burnt-on food. Fill the pan with 20mm (1”) water, cover and simmer for five minutes or until the burnt-on food softens and lifts. For stubborn burnt-on food, leave the skillet to soak overnight, after first simmering as described. Then wash and dry thoroughly.

Removing stubborn stains. These can be removed by using any brand of stainless steel powder cleaner can be used on stubborn stains on the cooking surface only.

Rubbing a paste of bicarbonate of soda and water into the stained area is also helpful in removing stains. Wash thoroughly.

Note: Re-Season the cooking surface after using any of the above methods to remove stains.

Dishwasher-safe. Your stainless steel skillet is completely dishwasher-safe. The heating element is totally sealed so it is safe to fully immerse in water.

Cooking with your Sunbeam Ellise Skillet

Frying

The skillet is ideal for shallow or dry frying. Dry frying can be done in the SK6400 only. Deep frying is not suitable as the skillet has shallow sides and a greater surface area, which results in heat loss and the possible overflow of oil.

Pan Frying: Suitable for eggs, omelettes, bacon, sausages, steaks and chicken pieces. Pre-heat to settings 5-6 with a little oil to add flavour. Non-stick cooking surfaces do not require a large amount of oil. Steaks should only require turning once or twice.

Tip: A good suggestion is to lightly coat the meat with the oil, this helps to reduce the amount of oil needed, and stops spattering of excess oil.

Shallow Frying: Suitable for vegetable pieces e.g roast pumpkin and potato, and crumbed food. Pre-heat on settings 6-8 with sufficient oil so that the food is half immersed. Cook food with the lid off.

Sauteéing: Pre-heat on settings 5-6 with a little oil to add flavour.

Stir Frying: Food is cooked quickly, over a high heat and vegetables retain their flavour and crispness. For best results and even cooking, cut food into even sized, smaller pieces.

1. Pre-heat the skillet on settings 7-8.
2. Slice meat into strips. Coat meat in a little oil and stir-fry in batches until browned. This prevents meat from stewing. Remove meat from pan.
3. Add vegetables and seasoning, stirring continuously. Vegetables which take longer to cook, such as carrots, should be cooked first, adding the other ingredients later.

Cook until the vegetables are still slightly crisp. Return the meat back into the pan when the vegetables are almost cooked. The lid can be in position in the last few minutes of cooking.

Roasting

Meat and Poultry

The skillet is ideal for roasting meat and poultry, as the meat retains the flavour and juices. It is necessary to brown and seal meat in many recipes. Meat retains its juices and the flavours develop after browning and sealing. This also prevents it from sticking when baking or roasting.

1. Pre-heat the skillet on settings 7-8. Use only a small amount of oil for less fatty joints and no oil for fattier joints of meat. If using the SK6410 it is necessary to add a little more oil.
2. Brown and seal the meat on all sides and position the lid.
3. After browning, turn the dial to settings 4-5 to cook the meat as desired. Turn meat occasionally during cooking to ensure even cooking.
4. Remove meat from pan and cover with foil. Allow meat to rest for 5-10 minutes, meanwhile you can make a gravy from the juices in the skillet.

Vegetables

Cut into even sized pieces. Add to the skillet 45-60 minutes before serving. For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times: These times are for well done. Reduce the times to suit personal taste.

PORK: 30-40 minutes per 500g after browning.

VEAL: 30-40 minutes per 500g after browning.

LAMB: 25-30 minutes per 500g after browning.

CHICKEN: 30-35 minutes per 500g after browning.

Skillet Recipes

Corn Fritters

Makes about 20 fritters

1 cup self raising flour
½ teaspoon bicarbonate soda
½ teaspoon sweet paprika
½ teaspoon ground coriander
2/3 cup buttermilk
2 eggs
2 cups corn kernels
1 small red capsicum, diced finely
3 small green onions, sliced
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh coriander
Sea salt
Freshly ground black pepper
Olive oil
Tomato chilli jam, to serve

1. Combine flour, soda and spices in a bowl; whisk through buttermilk and eggs to form a batter.
2. Combine corn, capsicum, green onions, parsley and coriander in a large bowl. Stir through the batter; season with salt and pepper.
3. Heat skillet on setting 7. Drizzle a little olive oil in skillet and spoon tablespoonfuls of mixture into pan. Cook fritters for 2-3 minutes on each side until golden. Repeat with remaining batter.
4. Serve with tomato chilli jam if desired.

Savoury Rice Fritters

Makes 24

1½ cups cooked rice
1 small onion, finely chopped
1 tablespoon chopped parsley
1 cup finely chopped ham or cabanossi
2 eggs, lightly beaten
¼ teaspoon ground nutmeg
¼ teaspoon ground thyme
1 cup self raising flour
ground pepper to taste
oil for shallow frying

1. Place all ingredients, except oil into a bowl and mix until well combined.
2. Heat oil in skillet on setting 7. Drop 1 tablespoon of mixture at a time into the oil and fry until golden brown. Serve hot with tomato sauce.

Honey & Soy Chicken Nibbles

Makes 20

10 chicken wings
2 tablespoons vegetable oil
2 cloves garlic, finely chopped
1 teaspoon finely grated fresh ginger
¼ cup soy sauce
¼ cup honey
½ teaspoon chinese five spice powder
fresh ground pepper to taste

1. Remove and discard wing tips. Cut wings in half at the joint.
2. Heat oil in skillet on setting 6. Cook chicken until browned on all sides.
3. Combine remaining ingredients and pour over chicken. Reduce heat to simmer and cook until sauce has thickened and chicken is cooked through.

Skillet Recipes (continued)

Garlic Prawns

Serves 4 - 6

1kg green prawns, shelled and deveined
½ cup olive oil
4 cloves garlic, halved
1 tablespoon chopped parsley
fresh ground pepper

1. Place all ingredients into a bowl and marinate for 2 hours in the refrigerator.
2. Heat skillet to setting 6. Add prawn mixture and stir fry prawns until bright pink in colour. Remove garlic and serve hot.

Lemon Chicken

Serves 2

1 tablespoon oil
2 chicken maryland pieces
1 teaspoon finely grated fresh ginger
1 clove garlic, finely chopped
½ cup chicken stock
1 tablespoon soy sauce
1 tablespoon sugar
2 teaspoons dry sherry
finely grated rind and juice of ½ lemon
1 tablespoon cornflour
1 tablespoon water

1. Heat oil in skillet on setting 7. Brown chicken on all sides with the ginger and garlic. Reduce heat to simmer.
2. Combine chicken stock, soy sauce, sugar, sherry, lemon rind and lemon juice. Add to the skillet. Cover and allow to simmer until chicken is tender.
3. Combine cornflour and water. Add to chicken, stirring until sauce boils and thickens. Simmer for a further 5 minutes. Serve with steamed rice.

Chateaubriand with Mushrooms

Serves 4 - 6

1 piece fillet steak (about 1kg)
6 échalots, finely chopped
½ cup dry red wine
2 teaspoons (10g) butter
2 teaspoons oil
200g mushrooms, sliced
juice of ½ lemon
1 cup beef stock
1 tablespoon corn flour
2 tablespoons cream

1. Place fillet into a large dish, sprinkle with échalots and pour over wine. Cover and marinate for 2 hours in the refrigerator.
2. Heat butter and oil in skillet on setting 7. Add meat and brown on all sides. Reduce temperature to setting 5. Cover and cook for desired amount (to suit your individual taste). Set meat aside and cover with aluminium foil to keep warm.
3. Add mushrooms and lemon juice, sauté for 2 minutes.
4. Add beef stock and marinade, bring to the boil. Blend cornflour with a little water. Add to the stock, stirring constantly until sauce boils and thickens. Stir through cream. **DO NOT BOIL.**

To Serve: Slice beef and cover with sauce. Serve with steamed vegetables.

Skillet Recipes (continued)

Stir Fry Beef

Serves 4

- 1 tablespoon oil
- 500g topside steak, cut into thin strips
- 1 onion, cut into thin wedges
- 1 clove garlic, finely chopped
- 1 teaspoon finely grated fresh ginger
- 1 red capsicum, cut into thin strips
- 1 celery stalk, cut into thin diagonal strips
- 1 beef stock cube blended with 1 tablespoon hot water
- 2 tablespoons soy sauce
- 2 teaspoons brown sugar
- 1 tablespoon cornflour, blended with
- 2 tablespoons cold water
- 2 green onions, sliced into 2cm pieces
- ¼ cup toasted cashews
- 1. Heat skillet on setting 7. Coat meat in oil. Stir fry meat in batches until browned. Set aside.
- 2. Reduce heat to setting 5. Add onions, garlic and ginger, stir fry until tender.
- 3. Add capsicum and celery, stir fry for 2-3 minutes. Add beef stock, soy sauce and brown sugar. Bring to the boil. Stir through combined cornflour and water until mixture boils and thickens.
- 4. Return meat to the skillet. Add green onions and cashews and cook uncovered until meat is heated through. Serve with steamed rice.

Veal with Mushrooms

Serves 4

- 1 tablespoon (20g) butter
- 1 tablespoon oil
- 100g mushrooms, sliced
- 4 veal steaks
- plain flour
- fresh ground pepper to taste
- 1 tablespoon plain flour, extra
- ½ cup beef stock
- ½ cup cream
- 1. Heat butter and oil in skillet on setting 5. Add mushrooms and sauté until tender. Set aside.
- 2. Coat veal steaks in flour seasoned with pepper. Cook steaks on either side until golden. Set aside and keep warm.
- 3. Add extra flour and cook for 1 minute. Add stock, and stir until sauce boils and thickens.
- 4. Reduce heat to setting 2, add mushrooms and heat through. Stir through cream. To serve spoon sauce over veal steaks. Serve with steamed vegetables.

Skillet Recipes (continued)

Weiner Schnitzel

Serves 4

4-6 (approx. 750g), thinly cut veal steaks

fresh ground pepper

juice of 1 lemon

plain flour

3 eggs beaten

dry breadcrumbs

¼ cup oil

1. Pound out veal steak with meat mallet or rolling pin.
2. Sprinkle a little pepper over one side of each steak. Sprinkle the other side with lemon juice.
3. Coat veal steaks lightly in flour. Dip into egg and then into breadcrumbs, pressing breadcrumbs on firmly. Refrigerate for 1 hour.
4. Heat oil in skillet on setting 7. Cook veal in batches quickly on both sides until golden brown. Drain on absorbent paper. Repeat with remaining veal. Serve with a wedge of lemon.

Creamy Oyster Chicken

Serves 4

800g chicken tenders

¼ cup flour

1 tablespoon olive oil

300ml cream

¼ cup oyster sauce

200g small button mushrooms, quartered

freshly ground black pepper

steamed broccoli, to serve

steamed rice, to serve

1. Lightly coat chicken in flour. Heat oil in skillet on setting 8. Cook chicken, in batches, until golden on each side. Remove from pan. The chicken should not be completely cooked through at this stage.
2. Add cream and oyster sauce to frying pan; stir to combine. Add mushrooms and cook for 1 minute. Return chicken to frying pan and cook, stirring occasionally until the sauce has thickened and the chicken is cooked through.
3. Serve with steamed broccoli and rice.

Skillet Recipes (continued)

Baked Spring Lamb Roll

Serves 4

- 1 onion, finely chopped
- 2 cups fresh breadcrumbs
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh parsley
- 1 egg, lightly beaten
- freshly ground pepper to taste
- 1kg loin of lamb, boned
- plain flour
- 1 egg extra, lightly beaten with
- 2 tablespoons milk
- 1 cup dry breadcrumbs
- 2 tablespoons oil
- 1. Combine onion, fresh breadcrumbs, mint, parsley, egg and fresh ground pepper.
- 2. Spread mixture onto lamb and roll up. Secure with string.
- 3. Roll in flour, egg and milk then breadcrumbs.
- 4. Heat oil in skillet on setting 7. Brown roll on all sides. Reduce heat to setting 5 and cook for approximately 1 hour or until just cooked through. Turn meat occasionally.

Indonesian Pork

Serves 4

- 600g pork fillet, sliced
 - 1 tablespoon oil
 - 1 onion, finely sliced
 - ¼ cup lemon juice
 - 2 tablespoons soy sauce
 - 1 teaspoon brown sugar
 - 1 teaspoon curry powder
 - ½ teaspoon ground coriander
 - ¼ teaspoon pepper
 - 1. Heat skillet on setting 7. Coat pork in oil. Cook pork, in batches, until browned; remove from pan.
 - 2. Add remaining ingredients to same pan and stir fry until fragrant. Return pork to pan and stir fry for a further 2 minutes or until pork is just cooked through and tender.
 - 3. Serve with tomato wedges and saffron rice.
- Note:** To make saffron rice; for every 2 cups of rice add ¼ teaspoon of saffron to boiling water.

Skillet Recipes (continued)

Curried Prawns

Serves 6

- 2 tablespoons oil
 - 6 green onions, cut into 5cm pieces
 - 1 medium onion, sliced
 - 2 tablespoons curry powder
 - 50g beans, roughly chopped
 - 1 celery stalk, sliced into 1cm pieces
 - 1kg green prawns, shelled and deveined
 - 2 cups chicken stock
 - 1 tablespoon cornflour
 - 2 tablespoons sherry
 - ¼ cup cream
1. Heat oil in skillet, add onions and cook until softened. Add curry powder and cook, stirring, until fragrant. Add the beans and celery; cook for a further minute.
 2. Add prawns and stock. Stir through combined cornflour and sherry, stirring until thickened. Cook for 3 minutes or until prawns are just cooked through.
 3. Stir through cream. Serve with rice.

Pan Fried Fish with Garlic and Lemon **Serves 2**

- 2 x 200g white fish fillets
 - 1 tablespoons olive oil
 - 1 clove garlic, crushed
 - 1 tablespoon lemon juice
 - 1 eschalot, minced
 - 2 tablespoons shredded fresh basil leaves
 - Sea salt
 - Freshly ground black pepper
 - Steamed New Potatoes or Mash, to serve
 - Steamed Broccolini, to serve
1. Place fish in a shallow baking dish. In a small bowl combine the garlic, lemon juice, eschalots, basil, salt and pepper and mix well.
 2. Pour marinade over fish and allow to sit at room temperature for 20 minutes.
 3. Heat skillet pan on setting 8. Add oil and cook fish for 3-5 minutes on both sides until just cooked through.
- Note:** Cooking time will vary depending on the thickness of each fillet.
4. Serve fish with potatoes and steamed broccolini.

Skillet Recipes (continued)

Butter Crumbed Fish

Serves 4

plain flour
salt and pepper
4 white fish fillets
1 egg
¼ cup milk
1 cup dry breadcrumbs
80g butter
2 teaspoons oil

1. Season flour with salt and pepper to taste.
2. Coat fillets lightly in seasoned flour, dip in combined egg and milk mixture then coat in breadcrumbs.
3. Melt butter and oil in skillet on setting 6. Add fillets and cook until golden on both sides and flesh is tender. Serve with a fresh garden salad.

Savoury Cabbage

Serves 4

½ medium cabbage
2 teaspoons oil
2 bacon rashers, rind removed, finely chopped
1 small onion, finely chopped
2 teaspoons curry powder
6 green onions, finely sliced
fresh ground pepper to taste

1. Wash cabbage, remove stalk and slice leaves thinly.
2. Heat oil in skillet on setting 5. Add bacon, onion and curry powder, sauté until onion is tender.
3. Add cabbage and green onions. Stir to combine. Reduce heat to setting 3, cover and cook for 10 minutes, or until cabbage is tender.

Skillet Recipes (continued)

Ratatouille

Serves 4

- 1 eggplant
- 1 tablespoon oil
- 1 onion, finely sliced
- 1 clove garlic, finely chopped
- 1 green capsicum, cut into strips
- 200g zucchini, sliced
- 2 medium ripe tomatoes, roughly chopped
- 2 teaspoons mixed herbs
- fresh ground pepper to taste

1. Slice eggplant, sprinkle with salt and allow to stand for 30 minutes. Wipe away moisture with absorbent paper. Cut into 2cm cubes.
2. Heat oil in skillet on setting 5, sauté onion and garlic until onion is tender.
3. Add remaining ingredients and bring to the boil. Reduce heat to simmer, cover and cook for 30-35 minutes, stirring occasionally.

Pan fried Chicken Breast with Salsa Verde

Serves 4

- 1-2 tablespoons olive oil
- 4 chicken breast fillets

Salsa Verde

- 1 cup flat leaf parsley
- ½ cup dill
- ½ cup mint leaves
- 2 cloves garlic
- 1 tablespoon small capers
- 1 tablespoon grated lemon rind
- Sea salt and freshly ground black pepper
- ¾ cup extra virgin olive oil

1. Heat skillet on setting 7. Add oil and cook chicken, uncovered, until browned on both sides and cooked through. Remove from heat and serve with Salsa Verde
2. To make the Salsa Verde, blend or process all ingredients until a chunky sauce texture is achieved.

Tip: Salsa Verde also goes very well with pan fried fish fillets.

Skillet Recipes (continued)

Hot Asparagus and Zucchini Salad Serves 4-6

- 1 tablespoon (20g) butter
- 1 small leek, finely sliced
- 4 medium zucchini, cut into thick strips, 5cm long
- 1 bunch fresh asparagus, cut into 4cm lengths
- 1 tablespoon toasted sesame seeds
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley

1. Heat butter in skillet on setting 5. Add leek and sauté until tender.
2. Add zucchini, asparagus, sesame seeds and lemon juice. Cook until asparagus is just tender, stirring occasionally.
3. Stir through parsley just before serving.

Chinese Fried Rice

Serves 4

- 2 tablespoons oil
- 3 eggs, lightly beaten
- 1 onion, finely chopped
- 1 teaspoon grated ginger
- 3 bacon rashers, rind removed, finely chopped
- ½ cup frozen peas, thawed
- 6 green onions, finely sliced
- 3 cups cooked rice
- 2 teaspoons soy sauce
- ¼ teaspoon ground white pepper

1. Heat oil in skillet on setting 5. Pour egg into skillet, turn to cook other side. Remove from pan and slice finely.
2. Add onions, ginger and bacon, sauté until onion is tender.
3. Add peas, green onions, rice and egg, stir to combine.
4. Stir soy sauce and pepper through rice. Cook until heated through.

Skillet Recipes (continued)

Penne Boscaiola

6 rashers bacon
200g sliced button mushrooms
2/3 cup white wine
300ml cream
Freshly ground black pepper
500g penne
shaved parmesan, to serve

1. Have a large pot of boiling water ready.
2. Remove rind from bacon and slice into 5mm pieces.
3. Heat skillet on setting 8. Cook bacon until golden. Add mushrooms and stir through.
4. Add wine and cook, stirring, until the wine has reduced by half. Add cream and cook, stirring occasionally, until the sauce has thickened slightly. Season with salt and pepper.
5. Cook pasta until just tender, drain. Serve sauce over pasta. Serve immediately with shaved parmesan.

Omelette with Porcini Mushrooms

40g dried porcini mushrooms
4 eggs
sea salt
freshly ground black pepper
butter
¼ cup grated cheese

1. Soak mushrooms in hot water for 10 minutes; drain and roughly chop.
2. Whisk eggs, mushrooms, salt and pepper in a medium bowl until combined.

Serves 4

3. Melt butter in Skillet on setting 8; once bubbles have subsided pour in egg mixture. Once the egg mixture has begun to cook underneath use a wooden spoon bring in the edges of the egg mixture into the centre of the Skillet (this creates height in your omelette). Do this 2-3 times then allow the omelette to brown slightly underneath and almost set on the top.
4. Sprinkle the cheese over half of the omelette, then using a spatula, carefully fold the omelette in half. Cook for a further 30 seconds.
5. Carefully tip omelette onto a serving plate.

Scrambled Eggs

Serves 2

4 large eggs
2/3 cup cream
Sea salt
Freshly ground black pepper
20g butter
Toast, to serve

1. In a medium bowl, whisk the eggs, cream, salt and pepper until well combined. Heat butter in skillet over a medium heat until it bubbles.
2. Pour in the egg mixture and cook, stirring with a wooden spoon, until the eggs are just starting to firm but are still quite moist.
3. Serve immediately with hot, buttered toast.

Skillet Recipes (continued)

Pikelets

makes approx 12

1 egg

¼ cup sugar

1 cup self raising flour

¾ cup milk

pinch salt

butter for frying

1. Beat egg and sugar with an electric mixer until light and creamy.
2. Add flour, milk and salt and beat until smooth.
3. Heat skillet on setting 8. Melt a little butter in frying pan and wipe away any excess with paper towelling.
4. Spoon heaped spoonfuls of batter in skillet and cook on both sides until golden.
5. Serve with butter, jam, cream or chocolate hazelnut spread.

For savoury pikelets: Reduce sugar to 2 tablespoons and stir through chopped fresh herbs of choice. Top with slices of prosciutto, goats cheese and rocket or cream cheese, smoked salmon and capers.

Buttermilk Pancakes

Makes 8

1 cup sifted self raising flour

2 tablespoons sugar

1/2 teaspoon bicarbonate of soda

1 egg, lightly beaten

2 tablespoons vegetable oil

1 cup buttermilk

60g butter

1. Sift dry ingredients into a large bowl. Make a well in the centre.
2. Whisk the combined wet ingredients into the dry ingredients until smooth.
3. Heat skillet on setting 6. Melt some of the butter and spoon ¼ cupfuls of mixture at a time into the frying pan. Turn the pancakes once the bottom is golden and the tops start to bubble. Cook until the underside is golden.
4. Serve with extra butter and maple syrup.

Notes

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